

## ABSTRACT OF THE DISCLOSURE

The invention relates to a shoe (1), especially a sports shoe, comprising a sole (2) and a shoe upper part (3) linked therewith, the sole (2) having a receptacle (4) in which a damping element (5) is detachably arranged. The aim of the invention is to improve the cushioning and damping behavior of the shoe. According to the Invention, the receptacle (4) substantially or completely extends through the sole (2) at an angle to the longitudinal axis (L) of the shoe (1) and the detachably mounted damping element (5) is constituted of a plate-type base (6) that comprises a plurality of recesses (7) in which damping parts (8) can be disposed. The recesses (7) in the damping element (5) extend across the entire height (H) of the damping element (5) in the vertical direction (V).